

## Appendix 1: Focus group discussion guide

### Understanding of and perceptions towards cardiovascular disease risk and risk factors in the informal settlements of Nairobi

**Introduction:** Different people in our communities suffer from conditions of the heart and of the blood vessels. Examples of these conditions include heart diseases characterized by sharp pain of left side of the chest where the heart is located while carrying out heavy tasks, and heart attacks which are usually abrupt and fatal, and sometime leading to death, and stroke which are accidents in the brain caused by blockage of blood flow or rupturing of the blood vessels, and which leads to paralysis and loss of feeling to one side of the body, and may also lead to death. These conditions happen mostly to people suffering from diabetes and high blood pressure/hypertension. We would like to discuss your understanding of and experience with these conditions, in order to understand their causes and how they can be prevented. We will seek your views on challenges the community faces in preventing these diseases and what can be done to improve the situation.

#### Icebreaker:

How widespread are these conditions in your community?

1. Which lifestyles and behaviors can cause someone to get the conditions discussed above?

*Probe: for each lifestyle and behavior which condition it causes*

*Probe: the mechanism through which the condition(s) is/are caused*

*Probe: which community members/section (men, women, children, old, industry workers etc.) are more likely affected. Why?*

2. Apart from the lifestyle choices and behaviors, are there other factors that can cause an individual to be at risk of acquiring the conditions/diseases described above?

*Probe: for each factor which condition it causes*

*Probe: the mechanism through which the condition(s) is/are caused*

*Probe: which community members/section (men, women, children, old, industry workers etc.) are more likely affected. Why?*

3. How are the lifestyle and behaviors, and the other mentioned factors interrelated?

*Probe: which factor enhances the risk from the other?*

4. How do you think the conditions described above can be avoided, prevented?

*Probe on what can be done (actions) to prevent someone from acquiring any of the conditions described above?*

5. What do you think the community members know about these conditions?

6. What do you think the community members know about how to prevent the conditions?

7. What care/interventions are available in the community for the conditions discussed?

*Probe for care/treatment for specific conditions*

8. What makes it difficult to access and utilize care/treatment for the conditions described above?

9. What can be done to raise awareness of such diseases/conditions in the community?